

Aug. 18, 2014



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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O'Connell Returns to Arsenal to Take Command of ASC: After an absence of a little over a year, Maj. Gen. Kevin O'Connell has returned to Rock Island Arsenal with another star on his shoulder and a new assignment: Leading a global organization responsible for sustaining Army and joint forces in support of combatant commanders. As a brigadier general, O'Connell served as commanding general of the U.S. Army

Joint Munitions Command from June 2012 through July 2013. On Aug. 21, O'Connell took command of the U.S. Army Sustainment Command which, like JMC, is headquartered at Rock Island Arsenal. Between his assignments at the Arsenal, O'Connell served as deputy chief of staff for Logistics (G-4) for the U.S. Army Forces Command at Fort Bragg, N.C. The Maryland native was commissioned as an officer in the

Quartermaster Corps in 1982 following his graduation from High Point College in North Carolina. He has held numerous logistics and leadership positions during his career, which includes deployments to Iraq during Operation Iraqi Freedom and



"HOME OF US ARMY LOGISTICS"

Bosnia during Operation Joint Endeavor. ([More](#))

Gen. Via Visits Rock Island Arsenal Center of Excellence:

The Commanding General of the U.S. Army Materiel Command, Gen. Dennis Via, toured the Rock Island Arsenal Joint Manufacturing and Technology Center and visited with staff from Joint Munitions Command and Army Contracting Command-Rock Island, here, Aug. 21. Via's visit served to highlight RIA as an AMC Center of Excellence with global missions in logistics, munitions, contracting, engineering and manufacturing. ([More](#))



AMC Band Entertains Quad Cities Community at Arsenal Performance:

The Army Materiel Command Band from Redstone Arsenal, Ala., drew a crowd of more than 300 Quad Cities area residents and arsenal personnel to a



concert on the lawn of Historic Quarters One here Aug. 21. Adverse weather threatened the evening show, but early sprinkles gave way to calm skies as the band went on to entertain the crowd with Dixie and brass band tunes. ([More](#))

Wounded Warrior Care Closes On Arsenal:

The Wounded Warriors care unit, officially known as the Community Based Warrior Transition Unit, on the Rock Island Arsenal officially deactivated today. Lieutenant Colonel Richard Blake says it's a bittersweet moment. He will miss his team, but he is grateful for the bigger picture. Closing the unit at the arsenal is a reflection of what is happening overseas. ([More](#))



Pentagon Tells Troops Not to Mention Service In ALS Ice Bucket Challenge:

The Pentagon has dumped a bucket of cold water on servicemembers who want to take the ALS ice bucket challenge while in uniform. The stunt has become popular in recent



Upcoming Dates

Aug. 22-24: Tribute to the Fallen, Davenport Memorial Park [📍](#)

Aug. 23: LOGCAP Support Brigade Change of Command, Constitution Sq., 10 a.m.

Aug. 23: ACS Military Family Night [📍](#)

Aug. 23: Punt, Pass & Kick Competition, Cannon Flats [📍](#)

Aug. 26: National Women's Equality Day Observance, Heritage Hall, 1-2 p.m. [📍](#)

Aug. 26: Active Shooter TTX, Baylor Conf. Rm., Bldg. 103

Aug. 26: ACS Recruitment & Military Spouse Night [📍](#)

Aug. 26-27: In-processing Resiliency Training

Aug. 28: Newcomer's Orientation & Tour of RIA, Arsenal Island Golf Clubhouse, 8 a.m. [📍](#)

Aug. 28: Council of Colonels, Arsenal Island Golf Clubhouse, 11:30 a.m.

Aug. 29: Military Training Holiday

Aug. 29: Quarters One Ghost Hunters Dinner Tour [📍](#)

Sept. 4: USO Fall Fundraiser, Wine and Cheese Tasting

Sept. 9-11: DA Photos

Sept. 10: Tenant Senior NCO Meeting, Arsenal Island Golf Clubhouse, 11:30 a.m.

Sept. 11: Patriot Day, Patriot Day Ceremony (TBD)

Sept. 13: 3rd Annual COL Davenport House Croquet Party, 2 p.m.

Sept. 17: Employment & Education Fair, Heritage Hall, 9:30-11:30 a.m.

Sept. 18: Honor Flight of the Quad Cities (QCI Airport)

Sept. 19: National POW/MIA Recognition Day Ceremony, POW/MIA Marker, Rodman Ave. [📍](#)

Oct. 9: Illowa Bi-State CFC Kick Off, Heritage Hall, 11 a.m. – 1 p.m.

Oct. 25: Army Retiree Appreciation Day, Heritage Hall, Bldg. 60



weeks as a way of raising awareness and millions of research dollars for amyotrophic lateral sclerosis, commonly known as ALS or Lou Gehrig's disease. ([More](#))

Some Lawmakers Growing More Receptive to BRAC:

Despite an initial reluctance from lawmakers to authorize the Defense Department to conduct a new round of Base Realignment and Closure, some members of Congress are becoming more receptive to the idea. The Army plans to reduce its force to 490,000 by the end of fiscal 2015. But Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment, says shrinking forces won't be enough to match sequestration-level budgets. ([More](#))



Walking Tours of Locks & Dam 15:

Walking Tours of Locks & Dam 15, conducted by U.S.

Army Corps of Engineers park rangers, are scheduled for **Aug. 23**, at 11 a.m. and 2 p.m. Each tour will last



US Army Corps of Engineers
Rock Island District

approximately one hour and is weather dependant. Tour size is limited and proper footwear is required. No open toe shoes, sandals or high heels will be permitted. Call (309) 794-5338 for information or to register. An additional future date is **Aug. 30**.

Tribute to Our Fallen: Since its inception in the summer of 2004, one year after the onset of Operation Iraqi Freedom, a small group, now known as the Mississippi Valley Patriots, has put together a special event to honor those brave souls who had made the ultimate sacrifice. Today the "Tribute to Our Fallen" annual event, held at the Davenport Memorial park, has grown exponentially. The first few years were dedicated solely to the military in Iraq, Afghanistan, the first responders and civilians lost on 9/11. Since 2008's event, veterans of all eras have been included in this very special remembrance. This event is held the last full weekend in August (every year) and is free to the public. Tribute to Our Fallen is staffed around the clock from the Opening Ceremony. Friday, **Aug. 22**, at 7 p.m., to the closing ceremony,



Sunday, **Aug. 24**, at 4 p.m. There are several events scheduled throughout the weekend. Please view our [website for additional information](#).

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room

(First Floor, Bldg. 60), on **Friday, Sept. 12, 10 a.m. – 12 p.m.** If

you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119.



Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?"
Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).



Rock Island Arsenal Welcome Club

Registration Kick Off: Please come join us for the Rock Island Arsenal Welcome Club

Registration Kick Off on **Aug. 27**, 11 a.m. - 2 p.m., at 1875 East Street (Quarters 7) on Rock Island



Arsenal. This event is open to all military spouses of all rank structure, Reserve and Guard spouses, retired military spouses, DoD civilian employee spouses, retired civilian employee spouses. This will be the time to sign up for the 204-2015 Club year. There will be a number of vendors present to share their wares, door prizes, refreshments, activities for the young children in attendance, and a special prize drawing for the person who brings the most guests and they register for the year.

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Newcomers Level I Antiterrorism

Training: The USAG-DPTMS will be offering the mandatory Antiterrorism Level I training on **Aug. 27**. The training is offered Arsenal wide and

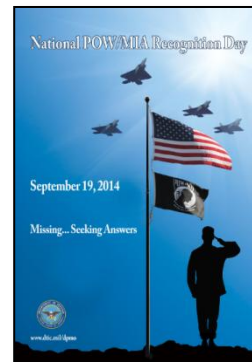
enrollment is encouraged thru [TEDs](#). Course Title: Garrison Antiterrorism Level I training (new employees), then enroll under the appropriate date. For tenants without [TEDs](#) access, the briefing will be in Bldg. 90, 2nd floor, Room 25, 8-9 a.m. For more information, contact Mike Luchner at (309) 782-4577.

National POW/MIA Recognition Day

Ceremony: On Friday, **Sept. 19**, the Rock Island Arsenal will host a POW/MIA Recognition Day Observance.

"Missing... Seeking Answers" is the theme for this year's Recognition Day.

The ceremony will be held at the POW/MIA Marker on Rodman Avenue, across from the War Remnants display, in Memorial Field, beginning at 10 a.m. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is traditionally observed on the third Friday in September each year. This observance is one of six days throughout



the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. ([More](#))

Halloween in September Murder at the Lodge: Women In Defense 2nd

Annual Halloween Murder Mystery Dinner: Friday, **Sept. 19**, at The Lodge, Bettendorf. \$40 per person/WID members \$35 per person. (Includes door prizes, Taco Buffet, prizes for 1st, 2nd & 3rd Best Costume). Registration/payment due by Sept. 12. Flyer may be found at:

www.widiic.org.

Time: **6:30 p.m.**

Cards for the Troops: Join us on Tuesday, **Sept. 23**, 6:30-9 p.m., at the Arsenal Island Golf Clubhouse for the 7th Annual Cards for the Troops. Hand-made rubber stamp art cards are created with the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. 28,000+ cards sent to date; 8,000 created by 200 volunteers at last year's event and sent to our military serving in Afghanistan. Seating is limited, please RSVP to mssipple1@gmail.com. Packagers needed also. Please bring one roll of



Scotch double-sided tape; all other materials supplied.

VIOS Schedule for September, October, November, and December:

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Sept. 9, 10, & 11; Oct. 7, 8, & 9; Nov. 4, 5, & 6; and Dec. 9, 10, & 11.** Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in [VIOS](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-

Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.

Arsenal Island Employee Local

Discounts: *The following discounts are exclusively available to Arsenal Island employees –* **Chocolate Manor, 110 E 2nd St., Davenport:** We are offering a 10% discount to military and civilian employees on our gourmet, hand-crafted chocolates and candies; just show your ID card. **Sears Automotive, NorthPark Mall:** Military discount of 7% off for all members of the military, active, reserve, and retired military with military ID; applying to name brand products, automotive services & labor; \$20.99 oil change; and \$69.95 wheel alignment.

Peachwave Frozen Yogurt:

Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount everyday to all military and veterans.

The Slice: Right off the Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers. **Double Tap Firearms:**

Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm

transfer fee in Illinois to active duty and retired military personnel in the QCA ([📄](#)). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time ([📄](#)). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services ([📄](#)). **Goebel Family Dentistry:** Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit ([📄](#)). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Parking Lot 0J and Lot 3K Repair:

Phase II is nearing completion and opened for parking Aug. 8. The contractor began milling the south half of parking lot 3K and began curb and gutter work on Aug. 9. Phase III is expected to be completed in approximately 60 days depending on



weather. The north half of 3K will remain open with access from the east off of Gillespie. Since April 28, the Directorate of Public Works resumed work on the repair of parking Lot OJ and 3K, which are located north of buildings 60, 62, 360, and 390. The overall repair includes replacement of the asphalt paving and installation of curb and gutter on the north and south sides of the lot OJ and repaving of the south half of Lot 3k. Work has been taking place in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers have been positioned at appropriate locations. The project is scheduled to be completed by **Sept. 1.**

Rock Island Viaduct Sidewalk Closed to Pedestrians:

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Upstream Sidewalk Closure on

Government Bridge: Until further notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is

closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed", caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the Government Bridge is open and safe to use.

Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies

in an effort to minimize impact to the surrounding communities.

Reconstruction of River Drive from 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from **Sept. 8 to Dec. 5.** The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes



will be signed to ensure that motorists can access local businesses effectively.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Tattoo Policy Changes Are Coming Soon:

Tattooed soldiers seeking to trade in their sergeant's stripes for a lieutenant's bar may soon see some relief from one of the Army's most controversial regulations. The Army is very close to announcing changes to the policy, that will likely relax the rules for soldiers looking to earn a commission or make warrant. ([More](#))

Integrated Personnel and Pay System-Army Update:

The Integrated Personnel and Pay System-Army ongoing release of the new Soldier Record Brief to active component Soldiers is near completion. The new multi-Component SRB will replace both the enlisted and officer record briefs in the near future. The next round of

provisioning for access to the IPPS-A portal for the AC began Aug. 19, for Soldiers with DoDID numbers ending in 6, 7, 8 and 9 on the back of their CAC (Common Access Card). This will conclude provisioning for the active component. Active duty Soldiers, once provisioned, will receive an email to their mail.mil email address with step-by-step instructions on how to access the IPPS-A portal. The email also instructs them to review their IPPS-A SRB for correctness and contact their local HR Professional to correct any erroneous information. Visit the IPPS-A public website: <https://www.IPPS-A.army.mil> and view the Frequently Asked Questions.

Military Spouse Night/Volunteer

Recruitment: Are you interested in learning about volunteer opportunities with Army Community Service or just want to meet other Military Spouses? Join us Tuesday, **Aug. 26**, 6-8 p.m., for a fun night of games, socializing and light refreshments. Please RSVP to Jan at (309) 782-4736 or Janice.n.saito.civ@mail.mil ([Flyer](#))

Safety Spotlight



Safety: At the Core of Army values:

After 33 years in this great Army, I've had a lot of time to think about values and what they mean to our force. I'd like to share some of those thoughts with you now, specifically regarding how safety enhances the values we live by as Soldiers. I hope you'll see how seamlessly safety fits into each value, and how it can affect our Soldiers' decisions for the better when framed in the context of how we live as professional Soldiers. Loyalty: By always thinking and acting with the safety of themselves and their battle buddies in mind, Soldiers ensure their continued service, reinforce loyalty to each other, our Army and our Nation. Making smart risk decisions is one of the most loyal actions a Soldier can take throughout his or her career because it demonstrates commitment to both leadership and one's brothers and sisters in arms. ([More](#))

Equal Opportunity Focus



Garrison EEO Disability Awareness

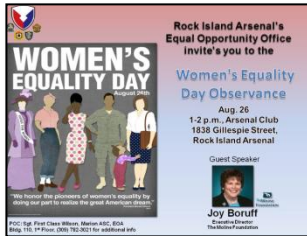
Month Fair: The Garrison's Equal Opportunity Office will host an EEO Disability Awareness Month Fair on Wednesday, **Oct. 8**, 10 a.m. to 1 p.m., in Heritage Hall in Bldg. 60. For additional



information or accommodation contact [Carmen Ausborn](#) at (309) 782-2927.

Women's Equality Day Observance:

The Rock Island Arsenal's Equal Opportunity Office invites you to the Women's Equality Day Observance on Tuesday, **Aug. 26**, 1-2 p.m., in the Arsenal Club, Bldg. 60. The guest speaker will be Joy Boruff, executive director, The Moline Foundation. On Aug. 26, 1920, after decades of organizing, agitating, and demonstrating, our country achieved a major victory for women's rights and American democracy. The 19th Amendment was certified, extending the vote to women and advancing our Nation's long journey toward full equality for all Americans. The ratification of the 19th Amendment paved the way for more women to participate in American politics—as leaders, candidates, voters, and volunteers. Today, women make up the majority of the electorate, and last year a record number of women were elected to the United States Congress. On Women's Equality Day, we celebrate the progress that has been made, and renew



our commitment to securing equal rights, freedoms, and opportunities for women everywhere. For additional information or accommodations please contact Sgt. First Class Marion Wilson, ASC, EOA, Bldg. 110 1st Floor, (309) 782-3021. ([Flyer](#))

Morale, Welfare & Recreation (MWR)



Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Punt, Pass & Kick Competition:

CYSS is hosting a local NFL Punt Pass and Kick competition Saturday, **Aug. 23**, at 10 a.m., for children aged 6-15. This is a free event for all children, military and civilian. Participants must [register online](#) or stop at the School Age Center in Bldg. 150 to fill out a paper form. The top finishers in each age group* will advance to a sectional competition. *Age divisions based upon child's age as of Dec. 31, 2014. ([Flyer](#))

Ghost Hunters Dinner and Tour of Quarters One:

Enjoy dinner at the Arsenal Island Golf Clubhouse followed by ghost hunting Friday, **Aug. 29**, at 6:30 p.m., in Historic Quarters One led by the Rock Island Paranormal Society. The cost is \$35 per person and reservations can be made by calling (309) 782-4372. Date subject to change/cancellation based on number of reservations. ([Flyer](#))

Volunteers Needed for QC Marathon:

On Sunday, **Sept. 28**, the Quad Cities Marathon will travel through the Rock Island Arsenal and we are looking for volunteers to help make this leg of the race run smoothly and successfully. We need lots of volunteers and no affiliation to the Army or Rock Island Arsenal is required so please feel free to share this notice far and wide with anyone who might want to volunteer. Please call Desiree at (309) 782-6789 for more info and to sign up.

MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))



MWR Outdoor Recreation Storage

Units Available: Outdoor Recreation now has two indoor storage units available. Each unit is 10' x 15' and \$70 per month. Hurry these won't last. For more information or to sign up please phone (309) 782-8630.

Date: **Monday, Aug. 25**

Time: **8:15 a.m.**

RIA MWR Small Vehicle RV Storage

Lot: Outdoor Recreation now has space for several vehicles in the North RV Storage Lot. Vehicles must be 20' or less in length. Cost is \$20 per month. For complete details please phone (309) 782-8630. Hurry these spaces will be gone fast.

Date: **Monday, Aug. 25**

Time: **8:15 a.m.**

Books Are Fun: Books Are Fun will be visiting Bldg. 60 Heritage Hall area for two days, Tuesday, **Sept. 9** – Wednesday, **Sept. 10**. They will be offering discounted books and merchandise.

Time: **9 a.m. – 2 p.m.**

Leisure Travel Office Relocating: Yes it is true. Once again the Leisure Travel Office will be moving. The office will be closed on Wednesday, **Sept. 17** & reopening on Thursday, **Sept. 18**, in

Bldg. 333 with Outdoor Recreation. Phone number will remain the same.

Disney LIVE! Mickey's Musical

Adventure: Disney hits are remixed to the hottest sounds of today featuring hip hop, pop, swing, reggae, rock, country and much more. The irresistible lineup of performers, including Mickey, Minnie, Donald and Goofy; Ariel, Sebastian and Ursula; Jasmine, Aladdin and Genie; and Woody, Buzz and Jessie; are among the more than 25 Disney stars featured in this jam session fit for the entire family. Discounted tickets on sale until **Sept. 23** (Lower \$23 upper \$16). Two shows 4 p.m. and 7 p.m.

MWR Inside Sale: One man's junk is another man's treasure. Stop by to shop or rent a table and sell. No need to worry about the weather the Inside Sale will be located in Bldg. 60 Heritage Hall. Cost is \$5 per table.

Date: **Saturday, Sept. 13**

Time: **8 a.m. - 1 p.m.**

MWR Outdoor Recreation

Maquoketa River Canoe Trip: Join Outdoor Recreation for a scenic canoe trip down the Maquoketa River. Cost is \$35 per canoe or \$20 per kayak. Participants must register and prepay at Outdoor Recreation by **Sept. 19**. For

complete details phone Bob Lampert at (309) 782-8630.

Date: **Saturday, Oct. 4**

Time: **9 a.m. - 2 p.m.**

Galena Country Fair Bus Trip:

Galena Country Fair hosts more than 150 vendors offering original handmade items, crafts and fine art. Held in picturesque Grant Park overlooking historical Galena, Ill. Family fun includes children's games, live music, great food, silent auction and so much more. Limited seats available at \$41 each.

Date: **Saturday, Oct. 11**

Time: **8 a.m. - 7 p.m.**

Circa 21: Funny You Don't Look Like

A Grandmother: This humorous, heartwarming musical revue looks at modern grandmothers in a whole new light. These are the women who have thrown away the granny glasses, shapeless black dresses and Red Cross shoes and replaced them with cute little tennis dresses, skis and a condo in Florida. Whether you are a grandparent or a grandchild, every generation will love this show. Discounted tickets (\$45) available until **Oct. 11**.

Date: **Saturday, Oct. 25**

Time: **5:45 p.m.**



QC River Bandits: MWR Leisure Travel has discounted game vouchers for any 2014 home game. Vouchers are redeemable at the QC River Bandits box office.

Six Flags Great America, Gurnee, Ill.: The Leisure Travel Office has received the 2014 one day admission tickets \$45. We will also have season passes \$81 and parking passes \$24 available.

Adventureland: Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests including great water rides as well as a full complement of children's rides spread throughout the park. But the entertainment doesn't stop with rides - Adventureland presents a full array of shows in the park - from live music to magic to song and dance - there's always something to suit everyone's taste. Leisure Travel has discounted general one day admission tickets for the 2014 season, \$32 for adults and children.

Walt Disney Military Promotion Tickets: Disney has renewed the Armed

Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

Davenport Cinemark 53rd 18 + IMAX Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

Covenant Cottage Child Development Home: [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings

and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)



ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



Military Family Night: Attention Military Families, join Army Community Service Saturday, **Aug. 23**, 3-6 p.m., for their annual Family fun night at Longview Park and Whitewater Junction. Activities will include a water balloon toss, bean bag tournament, piñata, picnic dinner and swimming and water activities at Whitewater Junction and much more. The best part about all of this? It's all free to you. Reservations



are required by **Aug. 16**. Call (309) 782-3049 or email Jennifer.a.kerr10.civ@mail.mil to RSVP. ([Flyer](#))

Military Spouse Night/Volunteer

Recruitment: Are you interested in learning about volunteer opportunities with Army Community Service or just want to meet other Military Spouses? Join us Tuesday, **Aug. 26**, 6-8 p.m., for a fun night of games, socializing and light refreshments. Please RSVP to Jan at (309) 782-4736 or Janice.n.saito.civ@mail.mil ([Flyer](#))

Employee Assistance Program

☺
For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Posttraumatic Stress Disorder – August 2014: Posttraumatic Stress Disorder has been receiving greater

attention in recent years as reports of the high incidence of the disorder among Soldiers returning from deployment in Iraq has increased awareness and research of this disorder. However, Soldiers are not the only people who can develop PTSD. PTSD affects approximately eight percent of the United States population, with between a quarter and one-third of people who experience a significant trauma developing PTSD (National Center for PTSD). Significant trauma is considered any event that is dangerous or upsetting such as an assault or violent attack, combat, natural disaster, or vehicle crash. Symptoms of PTSD, which can occur anytime after the event, include: re-experiencing the event, having recurring nightmares, avoiding reminders of the event, being less responsive, feeling detached and less interested in life activities, increased arousal, having angry outbursts, or difficulty sleeping (National Center for PTSD). The good news is if you or someone you know has been experiencing symptoms such as those described above treatment is available. The Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling and referral services that the program has to offer. Schedule an

appointment with an EAP counselor by calling (309) 782-4357. Master-level counselors can provide information, short-term counseling, and referral services. If you have any questions about PTSD, talk it over with a trained professional at the EAP. You can also access an anonymous screening at www.militarymentalhealth.org.

Assertiveness Training: Learn strategies to communicate effectively and to enhance yourself personally & professionally. Classes taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 23, Oct. 28, Nov. 25, and Dec. 16**; in Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (search key word "assertiveness") or call (309) 782-2552.

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a time management class. Classes will be taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 16, Oct. 21, Nov. 4, and Dec. 9**, in Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (search key word "time management") or call (309) 782-2552.



Community Resiliency Academy

Announcement – Real Colors: Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Workshop Dates: **Sept. 17, Oct. 15, Nov. 12, and Dec. 10.** Sign up in TEDs (search key word "real colors") or for more information contact Lori Griffin at (309) 782-2551.

PTSD Support Groups: Are you or a loved one experiencing symptoms of Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays from 3:00 until 4:00 in Bldg. 56, 1st Floor, Room 122. For more

information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Smoking Cessation Group: Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., in the EAP office located in Bldg. 56, 1st Floor, East Wing.

←-----> **Education/Training Review**

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Attention Service Members, Are You a Recent Army College Graduate?: The Rock Island Army Education Center is hosting its Inaugural College Commencement Recognition Ceremony. This year's event is scheduled for **Oct. 2** in Bldg. 60. If you completed a college degree/certificate in FY14, we invite you to join us in celebrating your

accomplishment and recognizing the hard work it takes to reach your educational goals while serving in the military. If interested in participating in the ceremony, please contact us no later than **Aug. 28.** POC:

stephanie.e.allers.ctr@mail.mil (309) 782-2065.

Time: **1-3 p.m.**

RIA Army Education Center Co-Hosting Employment-Education

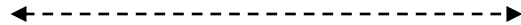
Event: The U.S. Army Garrison Rock Island Arsenal is hosting a combined Employment-Education Event on Wednesday, **Sept. 17**, 10:30 a.m. - 1:30 p.m., in Heritage Hall, Bldg. 60. If you missed our last big event in April, mark your calendars now. This event combines our education fair with our employment event. We will have expanded employer participation, Veteran Service Organizations to assist with resources and resume development and up to 20 local and online academic institutions in attendance to provide information regarding educational opportunities for Soldiers, veterans, family members and government employees. Please join us to learn more about educational opportunities and how they can benefit you. Point of Contact: Stephanie Allers, Guidance Counselor



stephanie.e.allers.ctr@mail.mil or (309) 782-2065 for further information.

Save the Date: Webinars - Joint Services Transcripts and Military Transcript Evaluations:

The American Council on Education announced 2014 dates for a webinar: »» Demystifying Military Evaluations Fridays, 2 p.m. EST (Sept. 5) [Register online](#) The webinar are free but do require registration. A link to the event will be provided after registration.



Commissary / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and

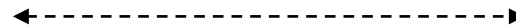
other Commissaries, visit:

www.commissaries.com ([Facebook](#))

Case Lot Sales Return to Stateside Commissaries Aug. 14 - Sept. 30:

Case lot sales are back! With the unveiling of the Commissary Customer Appreciation Case Lot Sale, the Defense Commissary Agency brings back the popular sales event for its stateside stores. Each commissary will hold a two-to-three-day event from Aug. 14 to Sept. 30. Case lot sales feature a multitude of items, some at savings of 50 percent or more, in full cases and in the club pack format found in off-base club warehouse stores.

([Schedule of case lot sales](#))



Arsenal Archive



Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Croquet Event Postponed Until Sept. 13:

The Colonel Davenport Historical Foundation decided to postpone the Colonel's Croquet Party until Saturday,

Sept. 13, due to the very hot and humid weather. "We know that it is a last-minute decision, but it's not going to be a very fun afternoon if everyone is too hot. We want to be considerate of the welfare of our attendees," said Jessica Waytenick, CDHF Board Vice President. Step back in time for the third annual Colonel's Croquet Party on Saturday, **Sept. 13**, on Arsenal Island at 2 p.m. Don your croquet whites (not required) to play the same game of croquet you play in your backyard. Croquet courts will be set up on the lawn of the historic Quarters One. Croquet equipment will be provided. There will be hors d'oeuvres and drinks served al fresco at Quarters One. No-host bar available. Creekside Vineyards Winery in Coal Valley, Ill., will provide a complimentary wine tasting. Attendees also receive a complimentary guided tour of the Colonel Davenport House. Tickets are \$25 for adults; and \$10 for children 11 years and younger to attend the Colonel's Croquet Party. For more information or to purchase tickets, contact Jessica Waytenick at (309) 737-4280 or purchase tickets online at www.davenporthouse.org.

Rock Island Arsenal Historical Society Publicity – Upcoming Sept. 4 Meeting: The Rock Island Arsenal



Historical Society will start off its 2014-15 season with a picnic Thursday, **Sept. 4**, at 6 p.m., at the picnic pavilion near the COL Davenport House. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest entertainment will be the Quad City Ukulele Club. The Club plays songs that range from the patriotic to rock. The picnic menu will include fried chicken, baked beans, pasta salad, rolls, chips, cookies and coffee, tea and/or water, prepared by the Arsenal Island Golf Course Clubhouse, all for \$8, including tax and tip. For reservations call Monica (563) 650-4349 or Linda (563) 355-6165 or email chiicaliinda@aol.com. Reservations are due on Monday, **Sept. 1**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at (309) 782-3518.

This Week in Rock Island Arsenal History – Aug. 18-24: During World War I in the month of August 1918 the Rev. M. E. Krotzer, Presbyterian from LeClaire, Iowa, spent his vacation at the RIA working as an inspector in Shop O, a patriotic measure.

Healthbeat



TRICARE Tip of the Week: Students are headed back or entering their first year in College. Is your College Student Covered under TRICARE? Dependent children are eligible for TRICARE up to the age of 21 or up to the age of 23 if the child is a college student enrolled full-time at an accredited institution of higher education and the sponsor provides more than 50 percent of the child's financial support. To ensure continuous TRICARE coverage, your child's information must be updated in the Defense Enrollment Eligibility Reporting System prior to the loss of eligibility. Visit a Rapids site for assistance regarding the documentation needed. Learn more through the TRICARE Choices for College Students brochure. Also, the TRICARE Young Adult program may also be an option for your college student. Visit the TRICARE Young Adult page to learn about plan options and how to enroll. Have A Great TRICARE Day!

Rock Island Arsenal Health Clinic Closure: The Rock Island Arsenal Health Clinic will be closed the afternoon of Thursday, **Aug. 28**, 11:30

a.m. until COB, for mandatory training. We will be open on the training holiday, Friday, **Aug. 29**, for urgent appointments.

Notes for Veterans



VA Moves to Streamline

Identification of Rural Land Areas: In order to more accurately identify and serve rural Veterans, the Veterans Health Administration (VHA) is improving the method it uses to define urban, rural and highly rural land areas. "The Department of Veterans Affairs is committed to providing high quality health care to Veterans when and where they need it, including rural and highly rural areas of the country," said Secretary Robert McDonald. "With this change, we will be better able to deliver services to Veterans when and where they need them." ([More](#))

Carpooling Announcements



Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your



announcement off once you have found a ride.

Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

Carpool:

- **Car Pool:** I am interested in carpooling several times per week, beginning July 7 from Muscatine. I am flexible on work hours. Please contact me at ext. 2-1559 or (563) 676-0555.
- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.

←-----→

Around the Q.C.

©

Aug. 22-24: [Tribute to Our Fallen](#) (Davenport Memorial Park)

Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)

Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)

Aug. 23: [Trivia at St. Alban's Episcopal Church](#) (3510 W Central Park, Davenport)

Aug. 23-24: [Antique Tractor Show](#) (Village of East Davenport)

Aug. 30: [200th Anniversary of the Battle of Credit Island Commemoration](#) (Credit Island, 2200 W River Drive, Davenport)

Aug. 30: [Pontiac Fiero Car Show](#) (Village of East Davenport)

Aug. 30: [Inaugural Quad-Cities Overdose Awareness Walk](#) (9:45 a.m., Lafayette Park, Davenport)

Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

Sept. 5-21: [East West Riverfest](#) (Various QC Locations)

Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)

Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)

Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)

Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 13: [Colonel's Croquet Party](#) (COL Davenport House, Rock Island Arsenal)

Sept. 13: [Taming of the Slough](#) (Empire Park, East Moline)

Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Sept. 13: [50th Anniversary of the start of the Vietnam War dinner, hosted by](#)

[the local U.S. Navy Seabee Vietnam Veterans of America](#) (4 p.m., American Legion, Moline)

Sept. 19: [National POW/MIA Recognition Day Ceremony](#) (10 a.m., POW/MIA Marker, Rodman Ave., Rock Island Arsenal)

Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 20: [15th Annual WQPT Brew Ha Ha](#)

Sept. 20: [SAU Killer Bee 5K Run/Walk](#) (Rogalski Center, Davenport)

Sept. 20: [Walk with Travis](#) (Scott County Park's Whispering Pines Shelter, Davenport)

Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

Sept. 28: [17th Annual Quad Cities Marathon](#)

Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 4: [Night of the Running Dead 5K](#) (Davenport)

Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)

Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)

Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)

Oct. 23: [Fright Night](#) (The District, Rock Island)

Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)

Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)

Oct. 25-26: [2nd Annual Military Appreciation Festival](#) (Country Corner Farm Market & Pumpkin Patch, 5333 US Highway 150, Alpha, Ill.)

Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)



Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)

Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)

Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to

publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight: usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](#); Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).

SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

for Sports and Fitness

- Know your limits for physical activity.
- Just because you're deployed doesn't mean you can ignore safe practices and take risks.
- Establish an emergency medical plan.
- Don't let indiscipline during sports or fitness activities take you out of the fight.

Take 5 ... then take action.

ARMY STRONG: <https://safety.army.mil>

ARMY SAFE IS ARMY STRONG

A HAND IN BROTHERS & SISTERS

